

QUARTER 3 GROUP FITNESS CLASSES

JULY 1 - SEPTEMBER 13

MON	TUES	WED	THU	FRI
11:15-12:15 Yoga for Stress & Flexibility-Gwen 240 Parsons Ave Fitness Rm 1	11:30-12:15 Fit & Functional-Brian 240 Parsons Ave Fitness Rm 6	11:30-12:30 Yoga for Stress & Flexibility-Lori 1111 E Broad St Floating 13	11:30-12:30 Incinerate-David 240 Parsons Ave Fitness Rm 19	11:30-12:00 Meditation-Gwen 77 N Front St STAT Rm 23
12:30-1:30 Yoga for Stress & Flexibility-Gwen 240 Parsons Ave Fitness Rm 2	11:30-12:30 Yoga for Stress & Flexibility-Gwen 3639 Parsons Ave Rm 101 7	11:30-12:30 Yoga for Stress & Flexibility-Gwen 77 N Front St STAT Rm 14	12:00-1:00 Yoga for Stress & Flexibility-Betsy 1250 Fairwood Ave Rm 182 20	11:30-12:15 Tabata-David 240 Parsons Ave Fitness Rm 24
11:30-12:30 Boot Camp-Kristi 3639 Parsons Ave Gym 3	11:30-12:30 Adult Recess-Charles 77 N Front St STAT Rm 8	11:30-12:00 Meditation-Betsy 240 Parsons Ave Fitness Rm 15	4:00-5:00 Boot Camp-David 3776 S High St COAAA 21	
11:30-12:30 Yoga for Stress & Flexibility-Lori 77 N Front St STAT Rm 4	1:00-2:00 Yoga for Strength-Gwen 240 Parsons Ave Fitness Rm 9	12:30-1:00 Meditation-Betsy 1250 Fairwood Ave Rm 0039 16	5:00-6:00 Hip Hop Dance Fusion-Jonika 77 N Front St Basement 22	
4:00-5:00 HIIT-Kristi 910 Dublin Rd Auditorium 5	3:30-4:30 Boot Camp-Kristi 3776 S High St COAAA 10	4:00-4:45 Body Basics-Kristi 910 Dublin Rd Auditorium 17	<div> REGISTER FOR YOUR CLASSES PRIOR TO ATTENDING! columbus.gov/hr/healthy-columbus/wellness-program/Group-Fitness-Classes/ </div>	
	5:00-6:00 Cardio Kickboxing-Kristi 240 Parsons Ave Auditorium 11	5:00-6:00 Hip Hop Dance Fusion-Jonika 240 Parsons Ave Fitness Rm 18		
	5:30-6:30 Yoga for Stress & Flexibility-Lori 3776 S High St COAAA 12			

NOTES

No classes on Thursday, July 4th
in observation of Independence Day and
Monday, September 2nd
in observation of Labor Day.

Registration for Quarter 4 opens
on Monday, September 16th.

Group fitness instructor/s or Healthy Columbus
staff will communicate any class changes
(cancellations, room location, etc.) via email.

Visit columbus.gov/healthycolumbus/groupfitness
for class descriptions
or flip this sheet over.

FEATURED

GROUP FITNESS SURVEY



HELP US IMPROVE GROUP FITNESS

Constructive feedback is a tool for creating healthy environment, boosting productivity and engagement, and achieving better results. Tell us about your group fitness experience by taking a quick survey. Follow the link below or type in your browser:

surveyMonkey.com/r/healthycolumbusgroupfitnessevaluation2019. Or visit our website at: columbus.gov/hr/healthy-columbus/

INSTRUCTOR SPOTLIGHT



JONIKA DENNIE

Jonika began her fitness journey in 2014 when she began having weight related health issues. The mother of 2 enlisted the help of a friend from college to help achieve a weight loss goal of 54 lbs. It took a little more than a year, and having reached it she decided it was her turn to help others. After falling in love with a Hip Hop dance, she decided that would be her focus. In April 2017, she obtained a certification in Zumba. Her classes have an urban twist with high intensity intermittent intervals; you're certain to feel the burn while having fun. She teaches Hip Hop Dance Fusion on Wednesdays at 240 Parsons and Thursdays at 77 N. Front St. from 5-6PM.

CLASS DESCRIPTIONS

Adult Recess-Remember the things you might have done on a playground during recess? Adult recess takes some of those same movements and incorporates them into a workout. Ready to feel like an active kid, again?

Body Basics-Body Basics is designed to slowly transition you from fitness novice to intermediate. You will learn different combinations of exercises to tone and create long lean muscle.

Boot Camp-This class will work on building strength, endurance and power by combining compound movements and extended rest periods.

Cardio Kickboxing-This class will be a total body fitness experience using punching, kicking, and jabbing. Gloves and pads will be used for all levels to be challenged. Other cardio and core training will be incorporated.

Fit & Functional-This class will incorporate functional training that will use body weight, stretching, and yoga moves, combined with jump rope, and other movements. It will be a full body workout each week!

Tabata-Tabata involves short bouts of explosive interval moves done for 20 seconds each for eight rounds, with a 10-second break between each round. It can burn a whopping 13.5 calories a minute-and double a person's metabolic rate for 30 minutes afterwards.

HIIT-High Intensity; fast paced workout designed to increase endurance and strength by incorporating short rest periods with high tempo work periods.

Hip Hop Dance Fusion-This class is a full-body, high energy exercise that is suitable for both beginners and advanced exercise enthusiasts. This class be a diverse way for you to get the exercise you need each day. Each class will vary ensure you receive optimal results.

Incinerate-Train every part of your body with free-weights, cardio, and core exercises. Routines will change weekly, incorporating body resistance, circuit/station training, and high intensity cardio. Intermediate to advanced fitness levels welcome.

Meditation-We explore different techniques using the breath and guided mediation techniques to practice together. Class is 30 minutes and you come away de-stressed, relaxed and refreshed.

Total Body Strength-Instructor led weight training designed to help improve strength and endurance by adding dumbbells and other equipment into a workout.

Yoga for Strength-This is a faster paced Yoga class that focuses on building strength while emphasizing balance & stability through more Sun Salutations, Balance Poses, and a few inversions for fun.

Yoga for Stress & Flexibility-Moves at a slower pace focusing basic poses and calming the mind and body. A few minutes of quiet meditation brings the class to an end. The student is revived and energized and ready to continue the work day.

Have further questions?

Please email Jacob Hittle at jthittle@columbus.gov.